

Claims: I claim;

1. A human being size training device, comprising:

- a. in combination structures resembling the shapes of a human head, a neck, a pair of shoulders, a torso, a hip, a pair of thighs, a pair of calves and a pair of arms,
- b. a means for achieving a joint-like movement to said body parts,
- c. a means for achieving a plurality of resistance when force is applied by user to said body parts,
- d. a support means for a plurality of holes to achieve said movement and additional resistance of said body parts,
- e. a means for connecting, joining and securing at predetermined locations support structures,
- f. a means for providing a static position that resemble an all fours doggie-like position or a human on hands and knees position in said device,
- g. a means for providing padding over the entire said device, whereby the user is able to perform wrestling moves, self defense, exercise, weight loss, rehabilitation and strengthening.

2. A method of using a physical fitness device

- a. pushing on the device at specific locations,
- b. pulling on the device at specific locations,
- c. adding resistance to the device,

whereby user can perform a variety of forms of physical fitness, weight loss, wrestling, self defense, martial arts, muscle strengthening, rehabilitation, law enforcement, military and cardiovascular workout techniques.

3. A support structure comprising:

- a. a plurality of human like body parts that resemble a head, a neck, a pair of shoulders, a pair of calves, a pair of thighs, a torso and a hip formed into a kneeling on all fours position,
- b. said support structure has a plurality of holes at predetermined

locations for attaching and joining,

c. said plurality of attaching and joining permits joint-like movement and resistance to support structure when user applies force.